

“SAM2013  
Color Therapy Diploma Thesis”  
by  
S. A. Marrese PMIAC



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*Color as:*

**SCIENCE - ALCHEMY - MYSTERY**™

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**COVER LETTER FOR AURA SOMA THESIS:**

January, 1993

Dear Michael and Margaret,

Enclosed is an updated and typed version my Aura Soma Thesis. Although it still contains several theories and only a few more facts, I have explained in the introduction why this is so.

However, as a preliminary to that introduction, I will quote from some of the teachings that I have been studying indirectly the past six years. From the book, Heart, by the Agni Yoga Society we can read (from verse 96), "We (the Hierarchy) say that **sickness comes from the imperfections of past and present**. One should know how to approach the cure of sickness. To the regret of physicians, **the process toward perfection is the true prophylactic measure**"; and, "Not only in developed sickness but at **their inception is the cure through the heart especially potent**."

My experience (which I consider small) for writing this thesis is based on doing healing sessions, trainings and workshops since 1981. Since 1987, that experience includes running no less than a dozen Aura Soma weekend trainings with over sixty participants; giving over five hundred Aura Soma consultations to over two hundred and fifty people (over seventy people had more than one consultation and over twenty had ten or more consultations as an adjunct to my "Alpha Awareness"); and giving at least twenty-five introductory talks to over two hundred and fifty people. This does not include time, training and sessions received or given while at Aura Soma, numerous personal talks to owners of Health Food and New Age Book Stores or public talks at exhibitions.

To finish the beginning with an Aura Soma story:

Yesterday, as I was finishing my most recent Aura Soma Training Weekend, I was leading an ending exercise with the Essence of Aura Soma. I started to feel a warmth penetrating into my chest. When I looked down, the sensation was just under my Aura Soma crystal that had been blessed by Vicky. I had been wearing the crystal all day and had done at least three similar exercises.

I asked what it meant as I continued on with the exercise and felt Vicky's presence very near. The message was to make sure that I included a blessing at the end of the training and I will include one here of a similar nature:

May each person who reads this thesis be blessed with the love  
that has inspired it; and may that love inspire each of you to  
live more color-fully the life that you are inspired to live.

With and In the Power of **ONENESS, LOVE and LIGHT**,

SPENCER ANTHONY MARRESE  
**"SONSHINE STARRY SKY"**

**LEADERS AND TEACHERS LETTER:**

DECEMBER 1992 - NEW YEAR 1993

Dear

You are being sent this letter because of your life of teaching or leading a center in the more progressive areas of life, such as, Holistic Health and Therapies, Yoga, Dance, Astrology, Tarot, Spiritualistic Health, etc.

Many of you may have met me or heard that I am visiting Dublin for about six months conducting introductory trainings on the **Aura Soma Products and Method of Color Therapy**. The products and method have been developed particularly as an adjunct to many disciplines in addition to being a holistic therapy within themselves. The products are excellent for balancing, cleansing, protecting and strengthening the aura which is all particularly important for teachers and leaders who are constantly in very sensitive contact with so many people and new ideas.

I was wondering the other day how I could more fully share my love and my experience with Aura Soma, since my meeting and training with its founder, Vicky Wall, some six years ago. The problems with getting the information to most of you seemed to be:

- a.) you finding the time and b.) for many the money, since so much is being done at present with our own "Heart Blood".

A brief talk really does not show the depth of Aura Soma and the two day long trainings that I normally run are too long for most of you to attend.

As an answer, I am offering two, "**One Day Teachers and Leaders Trainings**", on a donation basis. Hopefully this will give you the basics of Aura Soma and how it might come into your life and work, and it will set the stage for introducing Aura Soma to those who you teach.

I feel that this is important for two reasons:

- 1.) Many people who you meet and teach will be using Aura Soma more and more now that the book, The Miracle of Colour Healing, by Vicky Wall has been published. These people will be using the products and methods (which will make your classes and centers lighter and brighter as their auras shift) and this will also generate questions and sharings about Aura Soma and its effects.
- 2.) This will be timely and preliminary for Michael and Claudia Booth's scheduled Irish tour, during the end of April 1993. Michael, Claudia and Margaret Cockbain are Vicky Wall's successors now running Aura Soma, since Vicky's passing in 1991.

**Aura Soma is a Self-Selective, Non-Intrusive Soul Therapy which is the synthesis of Aroma Therapy, Herbal Remedies, Gem Therapy and Color Therapy with correspondences into many areas.** Vicky Wall was a founding member of I.A.C.T. (the

International Association of Colour Therapists) which is continuing to grow very rapidly. Aura Soma was published as the cover story for the "American Yoga Journal" earlier this year and Vicky's Book will be out in three or four of the major European languages by the end of 1993.

I believe this could be a great way for many of us who are in teaching or leadership positions to start coming together in larger groups and maybe it could carry on with others of you doing similar things about your own work. I have participated in a similar group in Portland, Oregon, U.S.A. which was exceptional. **The day and the idea (if new) are gifts to you.** In this case, gifts with the responsibility to help share them with others you teach or who come to your centers.

As a point of information I also conducted my own trainings for six years prior to contacting Aura Soma. I now use the products and method as an adjunct to my own work, called "Spirit, Soul, Soma Sessions", which help bring "Alpha Awareness".

In co-operation with Judith Crowe, I have set two separate dates, **January 24 (Sunday)** and **January 25 (Monday)**, at her center in Rathmines. This way you can choose the day of your choice and whether on a weekend or week day. The center is called **The New Birth Centre** and is located at **4 Wynnefield Road** (across the road from the Swan Centre and around the corner from the Stella Theatre). Both days will be basically the same and will run from **10:00 a.m. to 6: p.m.** with a nice pause from 1:00 - 3:00 p.m. for a pleasant lunch or meeting with friends.

We hope to simplify the planning of this by including a return application to be returned by **January 18** (but why not post it **today?**). Each person who is coming will receive a confirmation call. Only leaders and teachers are being invited to these days. However, if in your meetings with friends you find that someone who you believe should be invited has not been, please list them in the comments section of the return form or have them telephone me. This is not a solicitation for names and I would like this to stay as a focused teachers and leaders day. **If more people belong, then they will be invited, yet please do this through the suggested format by listing their name or having them contact me.**

I myself will be traveling from about December 20 until about January 8 in England visiting friends and Aura Soma. If you want to contact me in person, I will be available at 01-963 978 after my return around January 8. Looking forward to meeting you on either January 24 or 25.

With the **POWER** of **LOVE** and **LIGHT**,

### Sonshine Starry Sky

----- cut and return -----

I \_\_\_\_\_ will attend the one day Aura Soma Teachers and Leaders Training on \_\_\_\_ Jan. 24 \_\_\_\_ Jan. 25 (please tick one).

Telephone and/or address:

Comments or other people who you would like to see invited:

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**INTRODUCTION:**

As an introduction, I would like to say that several of the remarks and comments in this thesis have their basis in my own experiences, not with book learning. These experiences are not necessarily only outer physical experiences in life, but include inner subjective experiences of life. However, I have used published material from normally well known sources to support my beliefs, whether factual or subjective in nature. Therefore, I am more in the process of gaining outer experience based on the revelation of my inner experiences, than reporting on published material.

It can be difficult to put words or even ideas or concepts on experiences which seem very profound and totally encompassing. I would say, words and symbols seem to be, "only small reflections of those truths". Others would say that words, "only veil and blind the truth". So, by asking for words or concepts to be put on some of the inner causal aspects laying behind the outer effectual aspects, in many ways, just gives a reflection of that inner reality and even veils or blinds the true inner reality. With these thoughts in mind I would like to share a few of my own personal experiences as an introduction and lead into the body of this thesis and also as a foundation on which the material for this thesis is built.

I have had, naturally occurring, inner experiences where I have seen, felt, known the connection of the darkness to the light; and its creation came out Red. Now I do not know why, for me, the creation of darkness and light came out Red. I just know that it did come out Red, as a blaze of fire. And, yet, so sensitive a fire that one had to be careful that the proverbial, "snowball's chance in hell", did not put it out! I know that it had to come out Red, it was Red... (infinities of time pass)... and from that Red emerged Green. If I could put two words on them, from the darkness and the light came "Fire" (Red) and from that fire emerged "Life", (Green).

For me this is cosmic color cosmology. Maybe on other planes of awareness or consciousness, other solar systems or universes, or other people's visions other colors are relevant. I am on the ray, beam, consciousness of a certain master, in a certain school which puts out this teaching on the inner planes.

Now how to get this teaching from the inner planes to the outer, is more where I am endeavoring and studying. Were those colors that I saw on the inner, "inner" colors or were they "outer" colors?

Going back to my personal experience, again I have been in healing situations where I have seen miracle cures before my eyes without feeling any healing energy. Yet, supposedly the healing energy was flowing through me, according to the person who had received it. In other situations I have felt vast quantities of energy flowing through me with seemingly no outer manifestation. Although, normally in those situations I have found out, sometimes years later, that tremendous changes

had happened.

At times I felt intuitively governed to do obtuse ceremonies and rituals, similar to those of Jung, by hiding his carved dolls in boxes in the attic (Dreams, Memories, and Reflections, by Jung). So you could say that I have my little carved dolls, in my boxes, in my attic. And the reasons for those little carved dolls in the attic comes either nearer or further from the truth, just as other people's interpretations of the reasons for their little carved dolls in boxes in the attic comes nearer or further to the truth.

As life goes on to more basic levels, I could interpret why a carved doll to me, represents a doll, or part of me; when to other people it does not. The doll could be me, or it could be anything, and so, the box, and so the attic.

Some natives (Kogi Indians) in Columbia, South America know that by sleeping in a hammock (the attic?) that they are sleeping in heaven, (the place of spirit or a higher world). And so it is with the "practice of medicine". Some doctors will say, "This is what will happen ....", or if more truthful, "This is what we expect to happen, however, there is a 50% chance, such and such will occur, as a side effect ... ", or, "... and the 50% probability of the following complications occurring", etc.

As a personal example, at the age of seventeen, through a minor sporting accident, I was advised by an orthopedic surgeon to immediately have foot surgery, in order to heal the possibility of future dislocations in my left foot, due to a slight hereditary bunion condition. I was told that it was the standard procedure, that I would be in a cast for six weeks and that everything "wrong" with my foot would be corrected. After the operation and three days in the hospital, I felt more sick than I have ever felt in my life to this day (now at age forty).

I was in a cast for twelve weeks, because things were not healing as expected, and began having severe joint pain in that foot at every season change after the operation, which had never happened before the operation. When I questioned the doctor, I was told that the pain should go away after some time. After about four years of the joint pain still coming during season changes, especially the fall to winter change, I went to another doctor about the pain. I was told that the operation was successful and that nothing was wrong.

To cut a long story short, it took me almost another seventeen years to heal the major damage that was done to my foot by the first doctor with the help of other healers and a very concerted effort on my part. And, although my foot is much better, after all this healing, the original slight bunion condition still exists without causing me major problems.

This is for a very, "cut and dried", medical procedure, from a well known and highly

qualified specialist. So when I hear of so many books and procedures on anatomy, physiology, endocrinology and what people "know" happens in the body, I just have to smile. If mine was an isolated case, I might have to think a little more about it, but very unfortunately it is not. And that is not to detract from the usefulness of surgery, in true, "blood and guts" cases. I do not deny the validity of medical science, only the supremacy of it over the ancient traditional and "tried and true" healing arts.

For me, medical science follows naturally on the foot steps of "spiritual science". This is where my emphasis and, I feel, the emphasis of any true therapy lies (color therapy included), and how I have structured this thesis. Therefore, the shortness of information in sections dealing with anatomical and physiological "facts", is only due to the fact that my "knowing" of anatomy and physiology follows the spiritual principles.

Although, I do also have a fairly good "book learning" of several of the anatomical and physiological theories, they tend to turn my stomach. Not because of the "blood and guts", but because of the seemingly little sensitivity or understanding which the theories convey to me. And I will admit, maybe it's just me. Yet my own inner knowing tells me, that the more that I try to bring insensitive, misunderstood theories into sensitive, non-intrusive, self-selective methods of healing, the more I tie myself into knots, inhibit the true healing energy and the less healing is actually accomplished.

I have studied over the years, what I feel is enough of the current educational methods on these subjects, will continue to do so, and believe that I have included enough information to show this to be true. As a matter of fact I just recently toured the Royal College of Physicians of Ireland exhibit entitled, "Anatomical Art", sub-titled, "An Exhibition of Art and Medicine to Celebrate the Tercentenary of the Granting of the 1692 Charter", in the Irish Museum.

As part of a vignette about the exhibit, it goes on to say, "Following the suppression of the monasteries by Henry VIII and the subsequent Elizabethan plantation, the highly developed Brehon Laws and Gaelic tradition of care for the sick, through hereditary physicians, collapsed totally. The void was filled by 'cursed mountebanks, ignorant barbers, shameless quack compounders, loose women and the dregs of humanity'. To raise the standards of medicine, John Stearne founded a Fraternity of Physicians in 1654".

The vignette goes on to say, "The influx of physicians accompanying successive armies greatly increased the number of Doctors"; and it continues that, "For about 30 years from 1830 the golden age of Irish Medicine made Dublin, particularly the Meath Hospital, the leading teaching center. It was the enlightened approach, with emphasis on bedside clinical teaching and pathology, ... , which

brought Dublin to the center stage of international medicine."

What this vignette tells me, is that the true traditional system of healing in Europe, and to quote, "totally collapsed". That the collapse was followed by barbarism in the medical field. That not until 1692, three hundred years ago, was a new charter set up. However, that was not set up by the original traditional physicians, but signed by Queen Mary, putting the physicians now under the authority of the Crown. And that their foundation, and therefore the foundation for the current medical science in Europe came from "military doctors". This, for me, says a lot about what I consider the unfortunate state of affairs, between the Healing Arts and current Medical Science.

So, now returning to the concept and analogy of Jung's little black dolls, in their boxes in the attic. Is it any different to talk about say cancer in a similar way? It might sound absurd to even ask such a question, but let's see.

For one person cancer is a mass of hyperactive and genetically mutant cells; for a second person, cancer is a silvery black smudge in a person's aura; and for a third person, cancer is the effect of past life greed and ignorance. Is the word, "cancer", a silvery black smudge in the aura, or greed and ignorance from the past any different? What will heal them? And what color will assist the healing? Hopefully, a glimpse to these answers will be given in this thesis.

However, at this point, I would like to refer to Vicky Wall in her assistance to people. What I remember her saying was, "In the end, it's what you get in the beginning that counts."

If anyone is looking for repetitions of school book lessons on the workings of humans, based on dissection and the physical theories associated with them in this thesis; you will only find them as those born out from outer manifestation of the "inner tuition" (inner tutor). If anyone is looking for a unified, heart felt and organized compilation of a lifetime of study and experience, through pen put to paper; you will only find that unity in diversity here: those heart feelings without sentimentality; and that organization which takes what is intuitively and sensibly only absolutely necessary to convey a point, like the bag of a pilgrim on a long foot journey home.

I do not feel that it counts so much to repeat back theories, observations or even hypothesis which have been proved "scientifically", when, for me the reality is that some of our most scientific observations can be some of the most incorrect. One case in point only, for now, is that according to the ancient wisdom teachings, that I study, the sun is to be regarded as a cool object with an incandescent glow around it, not as a hot ball of burning gases, as science says. Other references, like James Churchwood, who in the early part of this century was a leading

scientific intuitive and lay scientist, confirm this very basic "non-scientific" fact also. His intuitions also being linked to years of training with a Hindu mystic, and the study of every clay tablet known in existence at that time. Most of his over sixty years of personal research is documented in five books on the subject of the ancient teachings of Lemuria (Mu). If we relate the sun in our solar system to the soul in the hue-man chakra system, the questions I will ask are, "Are we any more aware of what lies in these colorful whirling disks which we are all talking about?" And, "Are we at all aware of the 'soul realities' from which all of this comes?"

So, in this paper certain "known" theories will be given and, as much as possible, I will try and weave my own thread of intuitive knowing within that tapestry. Yet, for me, the fullness of that tapestry is not two dimensional, and, as a matter of fact, there is no differentiation between that tapestry and all of life. It is you and I who hold the separation, whether through choice (very rarely) or out of ignorance (the majority). I can say that I have experienced the oneness with all life, and if that can be shared in this thesis only a little, in the form of color, then I feel I have been successful.

With some of the color cosmology and more intuitive theories about life in mind, I would also like to spend a little time on archetypes, and other, even more unusual things. One of the conscious reasons, that I know now, but not when my revelation occurred, why the creation of Black and White was Red, is due to the triple Goddess archetype being Black, White and Red. These three energies (Black, White and Red) have worked hand in hand down through the ages. Much of this is all discussed by Robert Graves, in his book, The White Goddess.

Consciously, this has to do with the transition from matriarchal to patriarchal society. The form changing from a lunar to a solar based calendar (thirteen to twelve months) and from a twenty to a higher number alphabet. Intuitively, a lot of this, has to do with the nature spirits and their role in evolution as "involutionary" beings, and the solar and planetary level changes being made now. The Earth is changing from mainly lunar based (esoterically the moon is the mother of the earth, like a mother walking around her baby's crib, making sure all is well) to mainly solar based (the sun being the father of the earth, and through his influence, the moon was able to give life to the earth) according to the ancient teachings.

Therefore, on another level, the Golden Rainbow Colors can be considered Solar Based, and the White Rainbow Colors can be considered Lunar based. The Black Rainbow Colors would then fit in as Star Based, around which our sun revolves. This will be briefly described in the section on, "The History of Color Therapy."

Now, moving again, from cosmology, archetypes and their relationship to color, I would like to make a drastic (for some people) move to diet in an "avant guard" manner, and discuss our true soul diet of "breatharianism". First of all,

breatharianism, is the ability to live only on air. In other words, a breatharian is a person who does not eat any food. The reason that I call this a true "soul" diet is, that, by being a breatharian, a person can now link directly to the cosmic energies for sustenance.

Some time ago I met and studied with a breatharian. The man was middle aged and had not eaten any food for nineteen years, at that time. He had grown up, and started out as a normal United States citizen, who had become an Acoustics Engineer. Then he had "revelatory" experiences about not eating. The first thing that happened to him was that everyone was offering to take him out to dinner! This was in New York City.

Many of his experiences are described in his book, Breatharianism - The Science of Living Forever, by W. Brooks. The theories, based on his own experience, center around a transitional diet from "normal" food to "yellow" food; then to yellow food vegetarian; then to yellow food frutarian; and to finally breatharian. The main concept is that the digestive tract is meant to be a gas chamber, with hormones being fed in from the various endocrine glands as noble substances which vaporize and then create a neon light effect within the bowels in conjunction with cosmic energies.

I, myself, had made the transition to a very healthy, one meal a day frutarian of several months, after a major two year transition period. I can say from my own experience that his concepts are very sound. My personal life and family situation at that time changed my direction. However, I have no doubt of the validity of the system. There was no time schedule ever set for the various transitions, which were wholly determined by the body's ability to detoxify itself.

So, I have done my own tests and experiments, with my own body, living on raw fruits and vegetables and even just raw fruit and vegetable juices, and at the same time taking only steam distilled water to dilute the juices, as a life not just as a fast or trial period.

I have experienced the absolute physical, and I might add, emotional and mental cleansing that a person must go through to accomplish such a feat. In addition, I was living in California and was meeting with many other people who were living this type of life, and also, I was lying out in the sun for one to two hours per day, which was the amount of time my body needed. The sun nourishing my body, in itself with all the colors and cosmic rays; helping my body produce the vitamins and other substances it needed out of the air and food that I was eating; and giving my subtle bodies (etheric and astral) (which is a cosmic quantum jump up from the emotional and mental bodies) the cleansing that they needed.

I know with inner certainty that breatharianism is possible and according to Mr.

Brooks, everything that we put into our bodies is a poison, including most of the air that we breathe in cities and industrial areas, due to the pollution. While traveling in India, I was offered the invitation to meet a two hundred year old man, who eats no food and is a personal friend of a family of Indians that I came to know. These types of things are also stated by Swami Yogananda in his book, Autobiography of a Yogi, and by Leonard Orr in his books on physical immortality. I have experienced the truth of this type of, seemingly, super hue-man life and have made the decision (or should I say the decision welled up in me) for the present, not to continue this way for personal reasons and the consideration of others.

So, in many ways, the diets that we are on are survival diets, not life giving, light giving, God giving diets. I do believe that the books by Dr. Gabriel Cousens seem to be the "highest" books for what I consider the alternative or New Age movement; the leading nutritional consciousness for the majority of these new types of people; and the books that can interface, probably best, with traditional living and medicine at this time. However my own teaching and experience has gone what I consider far beyond that. My own inner knowing confirms this also.

With the Aura Soma Color Therapy products, method and teaching I have also had inner knowing which goes beyond what is being taught in the classes now; and further knowing especially in regard to the bubble patterns in Balance Bottles after the bottle has been shaken, than was taught in the past; and further knowing regarding the teachings of how to use and teach about the products, method and teaching now. How to put this into communicable concepts, ideas and words for real people in real situations is my challenge.

I have known, used and taught various new methods of energetic diagnosing of the bubble patterns in Balance Bottles for several years. For example, the concept of viewing the bubble patterns that remain in the bottle, after shaking, as new "structures" in a person's life which that person has developed and evolved in their being. And by noting how the bubble structures break down, we can see where the weak points are (if we know the level for interpretation):

1. In that person's being (structure).
2. In the new structures that a person is trying to build in their life.
3. In the mass conscious or archetypal structures that the person is in tune with.

These "structural" bubble patterns are very different than the "blocked" bubble patterns as taught previously in the Aura Soma classes and now eliminated from the teaching.

To give a personal illustration, I have used the name, Sunshine, for almost twelve years as an inner name. During my trip to India, in 1990, it became very strong within me to use the name on the outer, in addition to the inner. This was in order to learn from it (the name) and mainly in connection with the letter "S" and learning from the letter "S".

So, therefore, the name I go by now is, Sonshine Starry Sky, and the work I do is called Spirit, Soul, Soma Sessions. How the name got to be "Sonshine" instead of "Sunshine" is another story which will not be discussed in this paper.

Anyway, I use a form of spiritual healing called Mahi Kari No Waza, which is golden light projected from the hand, for the "Spiritual" healing; the Aura Soma Color Therapy (as a mirror of the soul) for the "Soul" healing; and the different types of energetic aura and body treatments that I have learned and developed for the "Soma" healing, (which includes application of the Aura Soma Products).

So, one morning two or three months after my return from India, another of my Aura Soma miracles happened and I shared it with the people that I had been working with in Germany at the time. When I went to India I took six Balance Bottles (all master bottles) with me. During the six month trip, however, I had only used three of the bottles. One of the Balance Bottles that I had brought to India, but did not use was the Kuthumi, pale yellow over pale yellow. On this morning in Germany, I took my Kuthumi, which I considered my "Sunshine" bottle, and gave it its first shake. As I shook the bottle I felt an energetic charge come out of my hand and go into the bottle. I thought, "this is curious". I looked at the bottle to do an energetic diagnosis of my energy, relative to the bottle. It was just a mass of bubbles which stayed and stayed, both in the top and bottom fraction. I had hardly even shaken the bottle. And, although I had worked with the concept of "structured" bottles with other people's bottles, I had never before seen a Balance Bottle structured both top and bottom fraction as mine was just then. The other structured bottles that I had seen were just structured in the top fraction up until that time.

So, what came to me, as I looked at my bottle more full and solid with bubbles than any bottles I had ever seen before was, "This cannot be a block". I did not feel a block in me. My life was flowing (all-be-it at times flowing roughly). And what came out from deep inside was, "You are Sunshine; Sunshine has manifested in me; and to use the name Sunshine". After the excitement of the event settled down, as I watched the bottle, the top fraction of the bubbles slowly came down to the center line and then very slowly, over one half hour or so, the bottom fraction of bubbles came up to the center line.

And then I thought, okay, does this mean that because the bubbles did not meet in the middle at the same time that I should only continue using the name Sunshine

on the inner? My thoughts had popped in on my revelation! Anyway, several hours later I decided to take a bath, since I had been only doing an early morning wash when I first shook the Kuthumi bottle. I went into the bath and used some techniques, like Rebirthing and so on to clear some of my energy and get clear as to whether I am really Sunshine, or just Sunshine on the inner.

So, after a while everything seemed clear again by the time that I had finished my bath. And, actually I totally forgot about changing my name. After I got out of the bath I picked up the same Kuthumi bottle again, and without thinking about it, I shook the bottle again, only a few shakes. And again I felt a similar charge of energy go out of my hand. I thought I had better look at the bubbles, because, in fact I was just shaking the bottle to put some on my body. And again the message was clear, "Yes, you are Sunshine, both on the inside and on the outside". After some hours the bubbles in the bottle cleared in both the top and bottom fractions and met in the center.

I actually wrote a letter about this and sent it to the people that I was doing Aura Soma with in order to let them know my new name, the reason for the change and what had happened. I have shared this diagnostic interpretive procedure of the bubbles with several people to let them know how real the new is for them, even at times when we do not see it.

I feel these are some of the reasons why it would be so difficult to teach about the bubbles at the Aura Soma training classes, in addition to teaching about the colors and method. The bubble diagnosis adds even more dimensions to a consultation than the colors, since the bubbles have even more infinite variety than the standard color variations in the Aura Soma range. And, this leaves everything not said about what "changes" in the color of a Balance Bottle might mean.

Yet, it seems that the most natural thing to do with a Balance Bottle is to shake it. And it helps me to communicate with the bottle, and vice versa in order to know what is going on within myself and others. Although if the colors of the client's bottles are studied very carefully and the client is questioned sensitively as to why they are picking certain colors, much useful information (plenty) can be gleaned from a normal Aura Soma consultation to appreciably help a person.

I will make two statements, to lead into the close of this introduction, which I feel are significant to deal with both ends of the "psychic" rainbow spectrum. The end of the spectrum where people are working very scientifically (materialistically, factually) and are drawing "universal" laws from facts. And the other end where clairvoyants and mystics working psychically (and personally) and are drawing "universal" laws from personal guidance. Again I am not denying the usefulness of factual or psychic information, only the undiscriminating application of this information into the universal for personal benefit.

The first statement, I will paraphrase from H.P. Blavatski in her book, Isis Unveiled, which says, in my words, basically that, "The more that we know of truth, the more that we will be at odds with even the greatest known authorities, in whichever field we speak about and that it will be this way for a long time."

The second statement, I will quote from the book, Heart, by the Agni Yoga Society, which says, "Perhaps others who did not behold the subtle worlds, but who have understood it in their hearts will leave the magicians and the magi behind."

For, to me that center position between the scientific brain and mystical intuition is our inner heart knowing. I have received and studied many alternative methods of therapy and would even say that I have tested them quite scientifically on myself. And I feel that although living as a scientific person for years and also having mystical experiences for as long, it is this place of the heart, the center which is most important. That feeling heart that knows truth. And, I am meant to live that truth more than to talk about it, at least for me, at this time in my life.

I have concepts for several books and those may or may not come into written form in the future. In many ways I feel that these books will not come out and that my part is a small part in the scheme of life. That I will work in small groups with small numbers of people. For me, the future is not totally mine to say fully and completely, until I know it fully and completely, in my heart, and I do not claim to make this knowing at this time. But I do know when things contain truth, when they do not, and as a final introductory issue, when things are "uncertain". For, although, in between the Black and the White lies a spectrum of color, to many people most of the time, all is Gray.

Uncertainty is a major question in a world of at least duality. If we act like we know. And, in fact, we are presenting a theory that we do believe very "fully". But, it is not "fully" true. If we have mislead someone by not telling all. Is that is not as bad as misleading them, if not actually worse than giving them uncertainty? For they might be inclined to follow our error because we are so "certain" of our beliefs.

So, for me, it is better to give someone an uncertain answer, in an uncertain situation, when there are so many uncertainties. Is it not better to let the person look for someone else or look deep within themselves, when we are not certain? For me the cases when we are "as certain as we can be", are easy to answer, although even then, it is not always easy to help a person with those easy answers. Or, not always easy, to help a person become more whole, healed and creatively live those answers. But, for me, that is the task at hand as a healer.

For me, the challenge is in uncertainty, in the matrix of energies, questions and answers of person's life. When one part says, "I am sick"; and that is overlaid by doctors saying, "You are sick"; and that is overlaid by relatives that pass on

"inherited" sickness; and from the alternative groups saying, "You are immortal and can attain complete mastery of your life."; and theory, after theory, after theory; and truth, after truth, after truth.

Is it not better to admit the uncertainty of which direction a person will take, and let them know of the uncertainty, and of the many factors and theories involved? If in fact, for that person we ourselves are uncertain. Can I allow a very non-professional, non-scientific, non-mystical, "hue-man" (colorful) uncertainty within myself? I say, "to be honest, open, loving, compassionate, truthful, ... , this I must." This then "Conditions" a person's "Soul Soil" and allows that person to decide what their garden is to look like instead of "Determining" what it will look like.

So, this thesis is based on a lot of theories, conjectures and maybe a little, hopefully a little, truth about color therapy. Yet, the little truth about color therapy that is contained here, I believe will help to bring in new healing for disease, whether in its "life threatening", "consciousness threatening", or "creative threatening" form.

## **HISTORY OF COLOR THERAPY:**

To begin I will start at what I consider “almost the beginning”, when light first occurred. For me, closer to the actual beginning would be to start when darkness first occurred and the non-visible rainbows. But, for this thesis darkness, blackness in its materialized, differentiated and individualized form is present and assumed. It exists and wanders among the vastness of space (or better, among the vastness of the void, as space), it feels its own vibration, yet, no other. Eons pass and then something else is sensed. The first response is to hold back, then questioning and finally union of cosmic proportions. Or as Alice A. Bailey in her, Treatise on Cosmic Fire, so ably puts it from the ancient teachings, “Fohat (primal intelligence) rusheth through space. He searcheth for his compliment. The breath of the unmoving one, and the fire of the one who seeth the whole from the beginning rush to meet each other, and the unmoving becomes the sphere of activity.”

One effect of the union is a beacon of light in all directions; another effect is two vectors of light. One vector down, in, material and the other vector up, out, spiritual. A lower light and a higher light. A worldly and a heavenly light. But what color? What color on what level? Does it matter?

Two ways of looking at it might be on an “Inner” and “Outer” basis and a third way might be on a “Qualitative” or underlying basis. On this third or qualitative level we could consider White Light as the materialized vector of light giving the White Rainbow, Golden Light as the spiritualized vector of light giving the Golden Rainbow and leaving the beacon of light in all directions to form the basis of the Black Rainbow. On the inner level, Yellow could be viewed as the materialized vector and Blue as the spiritualized vector again leaving Black. And finally on as outer level, Red could be viewed as the materialized vector, Green as the spiritual, again, leaving Black as the third. The three levels being the inner, outer and qualitative with three aspects for each level, in this case being different lights (colors).

Then to extend the concept into reality on three levels, the qualitative White and Gold are like the life and consciousness of the planet (Silver and Gold Cords). This supports the inner Yellow and Blue, which create an inner Green (as a link to the outer). The inner then manifest as an outer Green and Red. The three levels of darkness basically, from here on will be assumed.

So, to carry on as a concept, the earth can be viewed as Red. Red is the lowest temperature and the highest vibration of light, full spectrum color. In other words, Red can be viewed through an optical pyrometer to be at a lower temperature, of say 900°F (degrees), whereas a material that is Orange, Yellow or up to White hot, through the same pyrometer, will be over 2,000°F (degrees). Yet Red vibrates faster

and carries more light energy than the other colors as confirmed both clairvoyantly and scientifically by Barbara Ann Brennen in her book, Hands of Light, pages 9 and 33.

In this thesis only full spectrum concepts will be assumed unless specifically stated. By full spectrum it is meant that no unnatural filtering has taken place, for example the energy from the sun is filtered by the earth's energy but since this is natural, the sun's energy reaching the earth is considered full spectrum. Also, as is evident in this very simplified cosmology no natural filtering changes are being considered since the beginning of the earth. This is a large simplification since we know that the earth's atmosphere, which is a major outer filter, has changed tremendously since the beginning.

So, to an observer in the cosmos without the light of the sun the earth glows Red. And to that same observer by the light of the sun the earth is Green. Red and Green, earth's inner (physical inner) and outer (physical outer) complimentary colors. Inside the earth, if we again use the cooling concept, then from the White qualitative color of the earth comes, in-days-gone-by, the original Yellow molten core now days evolving to a colder Orange.

To conceptualize the inner spiritual state, we have the Blue of the sky complimentary to the inner Orange. Yet, in the dawn of time, it is more likely that the sky's color was a Purple haze as a compliment to the original, hotter Yellow. As above so below; as within so without when all is flowing naturally and all filters are removed. Therefore, objectively, as the earth's core cooled from Yellow to Orange and is Red overall to an outer observer, the earth's atmosphere (outer compliment) changed from Violet to Blue and is Green overall (by sunlight) to an outer observer.

One might ask how in any way could ancient cosmological color theory have any relationship to modern present day color therapy? This has to do with the soul's journey and especially that part when a person consciously remembers their soul color. This is inherently built into the Aura Soma bottles and color consultation. For much more information on this vast topic refer to C. De Rohen's easily readable series of books, now commonly known as, "The Will Books". A large section of soul incarnations with their corresponding soul colors and relation to other soul colors are described in detail. This all has to do with the distinction Aura Soma makes between the "true aura" verses the "electromagnetic field energies" (chakras) and between whether a color therapist is working with the subtle anatomy causes or with the subtle anatomy symptoms.

Now, to move from cosmology, to what I will call, "pre-his/her-story", is not to move at all. It is only a new sight, the same and, yet, different. Now hue-mans, inhabit the earth. Color was. Color was appreciated as a part of all. Life was therapy, non intrusive soul therapy. There were no pre-his-stories or pre-her-

stories to be told. Ancient Lemuria and Atlantis were not yet raised.

Then, somehow there was pre-his/her-story. The ancient temples, roads, routes, religion, culture of Lemuria, Mu for short. And, again, to start at "almost the beginning" of pre-his/her-story, because to start at the beginning would be to say how the people of Mu got there. As with the original darkness we will assume material form, differentiation, individualized, not evolved from cavemen, but there.

In that original culture natural dyes were used for clothing, natural gemstones for strengthening and attuning the hue-man life forces. On the inner, various colored symbols were used for instruction and initiation. Color and non-intrusive soul therapy was born, or better, incarnated on earth then in that distant past. Through the tens or even hundreds of millennia since those first pre-his/her-storic pasts various paths were taken along the avenues of life, such as, nature with its natural healing and shamanism with its spiritual healing. Normal life items like clothing, beading, body decoration and spiritual life ritual and ceremony, which were lived as one, all used color. For me, the discontinuity came between the real and the unreal, the genuine and the forgery, the truly empowered and the "unempowered". The two interrelated reasons for the fall of the pre-his/her-storic civilizations being due to natural calamity, such as, the volcanic destruction of Mu (Reds) and the individual greed and ignorance which lead to the sinking of Atlantis (Blues).

To move to more modern his/her-story, within the past several hundred years, several of these very ancient practices have again begun to become more public and wide spread. Although the seeds were matured in antiquity and throughout his/her-story at least a handful of people have carried this wisdom from generation to generation.

If, tone or sound is a faster vibration of rhythm and light can be considered a faster vibration of matter or, as Victor Corvo states in his book, Color \* Sound \* Perfume, "Color is the pitch of light and pitch is the color of sound". Then, all of the various wave theories of sound and combined wave and particle theories of light come from this basis. And if in a lower energy state sound and light can be viewed as common law, Newtonian, then, in a heightened state they may be viewed as accelerated, quantum or Einsteinian. Magnetic, electric and other energy forms all factor into both the common and accelerated sound and light states also. In other words, the White, Gold and Black rainbows are in constant interaction, comingling, canceling and heightening the energetic qualities on many levels and from many sources. At present only a few energies and levels are accessible to basically everyone. Although, step-by-step, inch-by-inch, quantum jump-by-quantum jump more is being felt revealed and applied.

At present most color therapy has to do with applying color of various levels, in various ways, to various things. For example meditations and visualizations which

focus on finding our soul or spirit color and Aura Soma in which we reach out for our soul colored bottle. Mental exercises for relaxing or refreshing using color and inner color associations, such as, Red for energy or Green for calming on emotional and physical levels. Painting with colors as an expression of inner and outer conscious and subconscious or superconscious mental, emotional and physical states. Movement and dance of color qualities for bringing about states of color consciousness in our being. Color in clothing, home, work, stores, health, education, religious and judicial establishments giving order to life. Color in food, medicine, cosmetics, jewelry and personal accessories, such as, combs, lighters and tooth brushes for identification. And as in the beginning (almost beginning) color in flowers, trees, fruits, birds, sky, land, sea, hue-man, animals, insects, everything, so that color is a part of all of life.

Where is there not color? In "empty" space or time? Even there, if there is not any color, we can think a little color in or intuit the color of time. Maybe when time is racing it is Red and when it is moving slowly it is Blue. Does anyone think that by applying Red to a person who is sick that the disease might complete itself faster so that the person is well sooner (by moving time faster)? Fever in a sick person can be very cleansing. If Red is also associated with the vibration of fever maybe it is the person's way of speeding up time to heal themselves? To be honest, this is what my fevers feel like. In the teachings of Mahikari No Waza, the human body can produce a temperature as high as 45°C (degrees) by making use of the heat produced by the reproduction of bacteria in order to melt spiritual toxins, in the body, with a relative hardness of diamond, (Mahikari Primary Kenshu Reference Textbook).

So, what are some of the present color therapy theories that have arisen from all of this vast amount of past inner and outer experience?

Some color therapy theories:

1. All is White light. Apply it everywhere and everything is solved.
2. All is darkness and light. Bring light into the darkness and everything is solved.
3. All is darkness and light. Some light can take care of some darkness and some darkness can take care of (extinguish) some light, such as, black holes.
4. Certain colors have certain qualities spiritually, emotionally and physically. Find the right level and the right color and the problem is solved. Creatures from various kingdoms vary as to which color on which level.

5. All consists of the three primary colors of Red, Blue, and Yellow. Then use these colors in the correct infinite range of proportion for whatever is needed and the problem is solved.
6. All consists of primary and secondary colors. This adds Violet, Green, and Orange to make six colors. Then use these colors in the correct infinite range of proportion for whatever is needed and the problem is solved.
7. All consists of primary, secondary and one more color, Indigo, to make seven colors (the rainbow chakra model). Then use these colors in the correct infinite range of proportion for whatever is needed and the problem is solved.
8. 8 - fold, 9 - fold, 10 - fold, 12 - fold etc. theories of color therapy. Then use these colors in the correct infinite range of proportion for whatever is needed and the problem is solved.
9. 3, 6, 7, 8, 9, 10, 12 - fold theories with inner, outer and qualitative levels. Each level can have as many sub-levels, such as,  $7 \times 7$  or 49 level theories and  $8 \times 8$  or 64 level theories. In other cases, theories with multiples of numerological number nine, such as, 9, 18, 108, 1008, 10008, etc. Then use these colors in the correct infinite range for whatever is needed and the problem is solved.
10. Correlation theories, such as, planet colors work best on plants; zodiac (star) colors work best on astral planes or in countries or areas of astral concentration such as Australia; constellation colors work best on mass consciousness archetypes; plant colors work best on hue-mans since hue-mans need oxygen, the by-product of plants, and plants need carbon dioxide, the by-product of hue-mans.
11. Other correlative color theories relating numbers, psychology, vibratory rates, or archetypal patterns, such as, tarot, runes, alphabet, calendars and geographical location, all applied to various levels and evolution, such as, the kabalistic tree of life to show how healing works.
12. All is love, use anything, any color for anything with love and the problem is solved.

Now to review the development of a few of these theories to show in practical, common, present terms how they are to be used. This will be done, without going into much detail except on one or two points. Yet with the purpose in mind to show, as much as possible, in this short thesis, the common thread that flows

between them all. It will be understood that there are many levels, but for talking purposes, and for correlations to the Aura Soma products and teaching, mainly two levels will be considered, as in the Balance Bottles's dual nature. At times three levels will be considered, as in the Balance range of using hues, hues with clear, and tints (pale colors); or in the Aura Soma three-fold Balance, Essence of Aura Soma and Quintessence of Aura Soma range of products.

### **BALANCING OF COLOR WAVELENGTHS WITHOUT, ON THE WAVELENGTHSWITHIN:**

In the very basic, yet immensely useful, concept of using inner and outer as a way of distinguishing two energies, let us start with a specific example. For talking purposes, consider a person (yet, it could be any being, energy or force) has an inner imbalance which can be related to a specific color and is causing inner and/or outer symptoms. Then these symptoms can be balanced or relieved by an application of the specific form of color or colors without. In the following example I will be including several of the concepts from the preceding list of color theories.

For example, if a woman is sensitive to breast cancer due to family history through her mother then there may be an imbalance. Looking at it two ways it may be her destiny to have cancer or it may just be her own fears. So to list three ways of consolidating the prior color theories to come to a possible conclusion:

1. She will get cancer or not, it is all predetermined and someone with enough sensitivity and knowing would be able to tell. By applying the appropriate outer vibration, color, she would accept the truth in a balanced way thereafter, either cancer or not.
2. There is self created will that can invoke and/or cause change in destiny for better or worse, i.e., her fears could bring on cancer that she was not destined to get or the knowledge that she controls her destiny could cure her of cancer that she was destined to get. If she knew the unbalanced color or the antidote color for the cancer or fear it could be used on the outer to balance the inner and therefore, effect a cure.
3. The co-operative and/or part ignorance theory, in which by having her energy balanced by appropriate colors she had done her part and would be acknowledged by a higher authority (God or a master) who would remove the disease on higher levels of karma or destiny. Or she would get or not get the disease, even if balanced, due to not knowing all there is to know, even with the inner and outer energies balanced.

In other words, although harsh, it is from my knowing and correlated in Alice A. Bailey's book, Esoteric Healing, necessary and responsible for

a healer to inform a client or patient, in such a sever condition, that healing may mean removal of the disease and it may mean removal of the life force (death). In most cases, it is not for the healer to decide and balancing colors on the outer may be, again as in part of example #1 above, only to aide with the inner transition. These are not cases of uncertainty, rather of being honest and responsible and has been necessary several times, although infrequently in my own life experience with clients.

My own thoughts on this are that I am still learning. I do not believe all has been revealed yet, to me, or to anyone. Although to some more than others. And that balancing of inner and outer is only done on levels that a person or being can consciously or "energetically" interact on, yet not control fully. For example, I can interact on a physical level with the hypothetical woman in question and, say, stop her from smoking to decrease the chance of her getting cancer, but she may resist me and continue smoking, even if I tried to stop her. Yet, I do hold open an ultimate truth, "the David and Goliath theory". Ultimately if it came to an all-out question on physical levels or any other level, to effect a cure between inner and outer wavelengths, energies or levels, it is possible that the cancer could be cured. This since there is really no separation. And this whether or not she continued to smoke or not to smoke.

Spirit and matter are one. Therefore color at any level will, and can depending on our abilities, be used and/or created, condensed or sublimated to, again, whatever levels are in our conscious, subconscious or superconscious range of possibility and "possessibility". We are transmuters and generators of energy and force.

#### **ELECTROMAGNETIC FIELD, ETHERIC BODY, AURAS (PHYSICAL AND PERSONAL):**

By extension of the inner, outer, qualitative theories and models, in terms of abstract concepts, emerges the subtle body or field type of models, theories and correlations. So, again to list a few of these models, which are intimately connected to the color theories, because just as the color theories use color correlated to healing based on many factors, of which a few were listed, these next theories all have color correlations. Hence color is one of the threads that binds the following theories on subtle body anatomy to the previous theories on color therapy:

1. Bodies (beings, matter, substance, spirit) contain various subtle bodies or fields of energy, as above so below, as within so without, etc.
  - A. Up to a certain evolutionary state starting with the most basic segments of inorganic matter (and less) through to a universe (and more) more complex fields of energy unfold in a matured

form of a being. For example, the smallest inorganic particle would have a simple auric shell. Conglomerates of inorganic matter, rocks, etc. would also have a group or collective "rock conscious" shell in addition to their simple auric shell.

- B. Plants would have an etheric (life) body in addition to their collective conscious shell (deva) and individual shell. And so on up to hue-mans and beyond where great cosmic beings would have shells and collective consciousness developed of galactic or collective galactic levels of being.

2. Beings can function on different levels of a universal life or consciousness scale. For example, hue-mans are taken as a midway point between the animal and divine or heavenly kingdoms. Animals and part of our hue-man being have a "lower physical, emotional and mental" level of consciousness and part of our hue-man being has a "higher physical, emotional and mental" level of consciousness. And so on up and down the evolutionary scale of beings.
3. Various types of energy, qualities exist and correlate which might be called rays, qualified energy, soul groups or on an individual hue-man basis, chakras, spinning disks, or points of entry or exit. And, also that these chakra energies on the individual personal level correlate to the ray, qualified energy and soul levels.

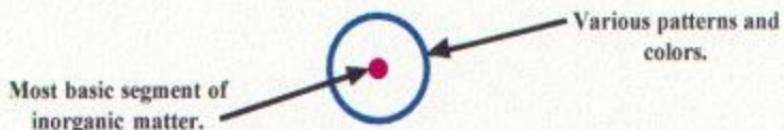
Basically this means that a hue-man being has chakras and the soul, the earth and greater beings also have energies in them that the hue-man chakras correlate with. As an example, the earth has places of incoming or out-going energy, like hue-man chakras on a greater scale, which would have a similar energy to the corresponding hue-man chakra. This means the earth has places which represent heart (loving) or throat (communicative) energy similar to a hue-man.

And as a final consideration, various places of earth would have similar energies such as heart centers of say various nations (even though one of these nations may be the planetary throat center). Also in a hue-man the energy of the heart can manifest through the throat in the form of loving conversation.

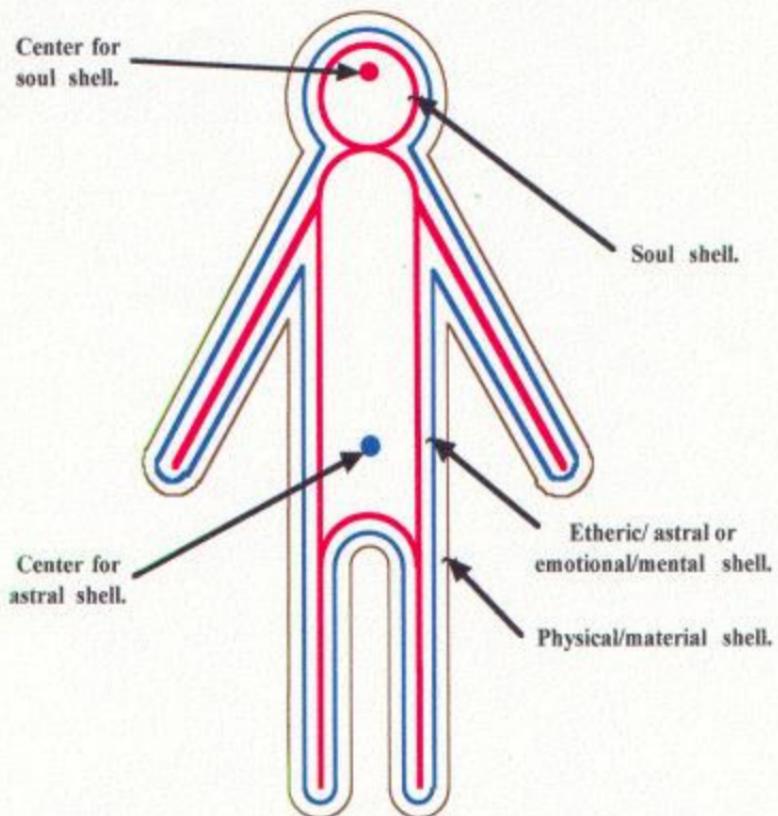
So, now to diagram these three models of subtle body or field theories in, again a few of the many diverse ways that it can be done, yet with enough unity, hopefully to allow the "binding thread" to emerge which brings all models and theories together. And maybe, "through the grace and help of those greater beings", even point the way to the greater truth that lies beyond all models and theories.

As an added note. Much of the information shown in the following diagrams, which does not have a listed source, comes through the clairvoyant senses of Vicky Wall and Michael Booth. It is discussed in Vicky's book and by Michael in the Aura Soma Trainings. My own glimpses and inner knowing are harmonious with this information. The thread of my own understanding that I can offer has been included, as best as possible with consideration for time, energy and space. As time, energy and space are understood, so may our understanding grow.

## I. BODIES CONTAIN VARIOUS SUBTLE BODIES OR FIELDS:



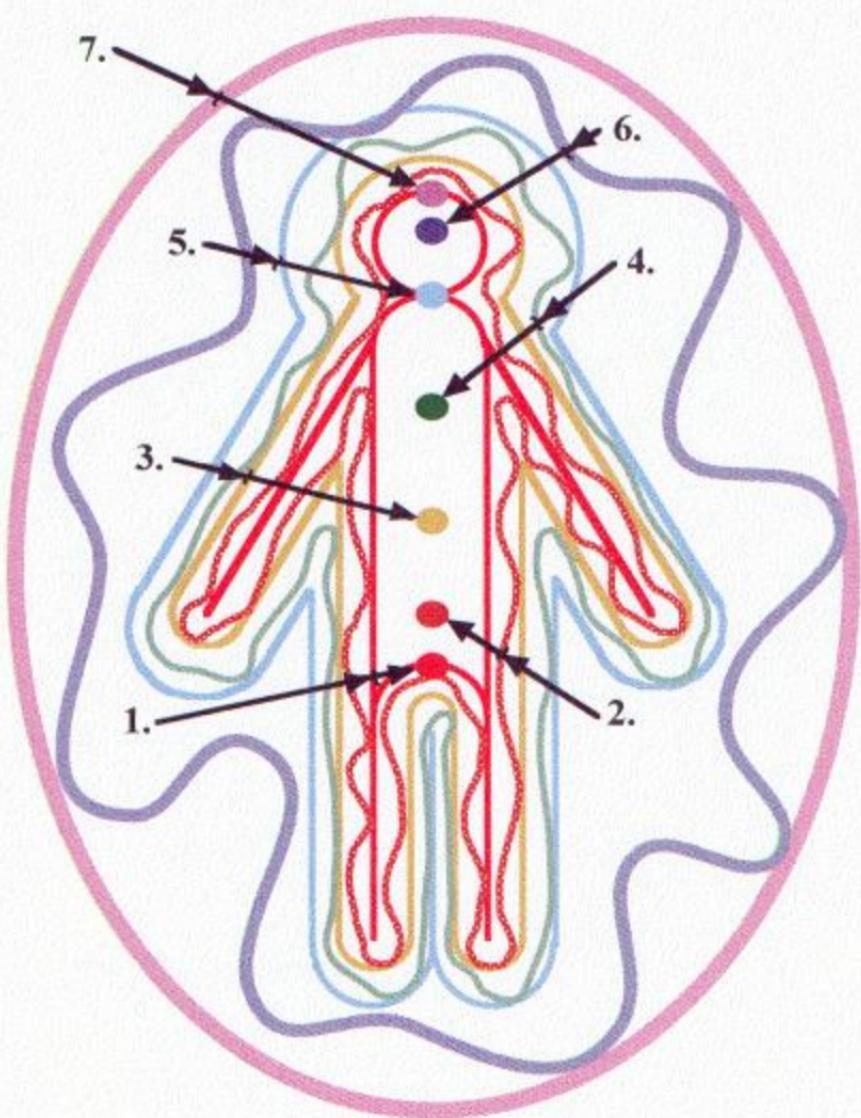
**FIGURE "A" SIMPLE AURIC SHELL(ABOVE)**



Notes:

1. There are various configurations (eg. physical on outside, as shown), shapes, patterns, or colors for each shell.
2. Diagram entitled, "Spiritual Anatomy of the Human Body", from, Mahikari Primary Kenshu Reference Text Book.

**FIGURE "B" HUE-MAN MODEL OF THREE SUBTLE BODIES**

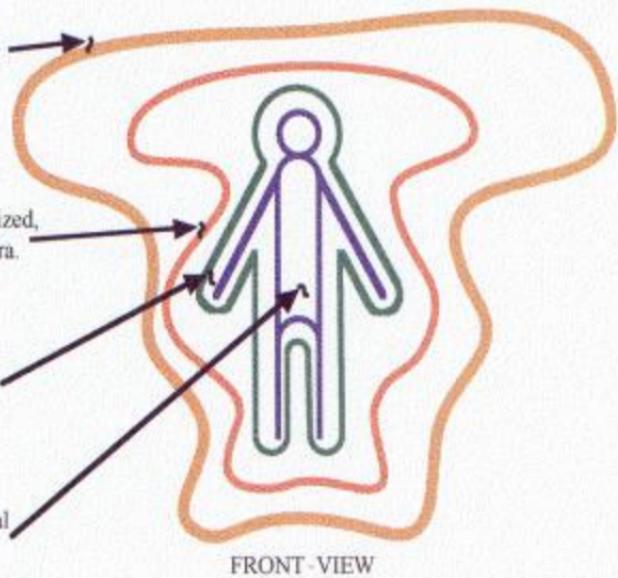


## Notes:

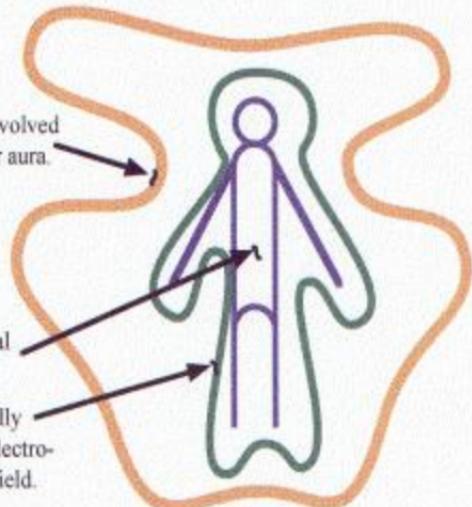
1. A series of form shells, (1, 3, 5, 7) and non-form shells, (2, 4, 6). The center for each shell being an orderly progression up the body. The inner most shell centered at the lowest point, ect. Shells have various colors, color patterns or characteristics.
2. Diagram entitled, "The Seven Layer Auric Body System", from, Hands of Light, by Barbara Ann Brennan.

**FIGURE "C" (SIMILAR TO FIGURE "B" EXPANDED TO SEVEN LEVELS)**

More mental/intellectual polarized, less evolved soul or aura.



FRONT VIEW OF LESSE EVOLVED HUE-MAN BEING (ABOVE)



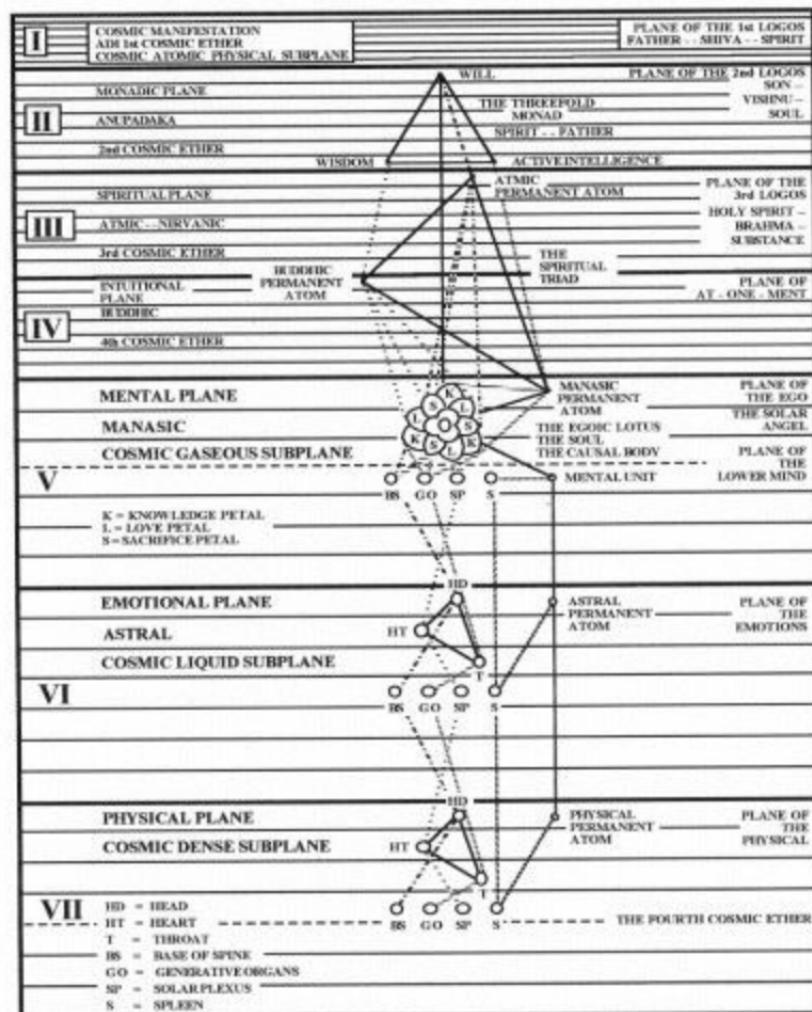
SIDE AND FRONT VIEWS FOR A MORE FULLY EVOLVED HUE-MAN (ABOVE)

Note:

1. Various color patterns, intensities and center points for each field are possible.

FIGURE "D" (SIMILAR TO FIGURE "B" SHOWING POSSIBILITIES OF SHELL CONFIGURATIONS)

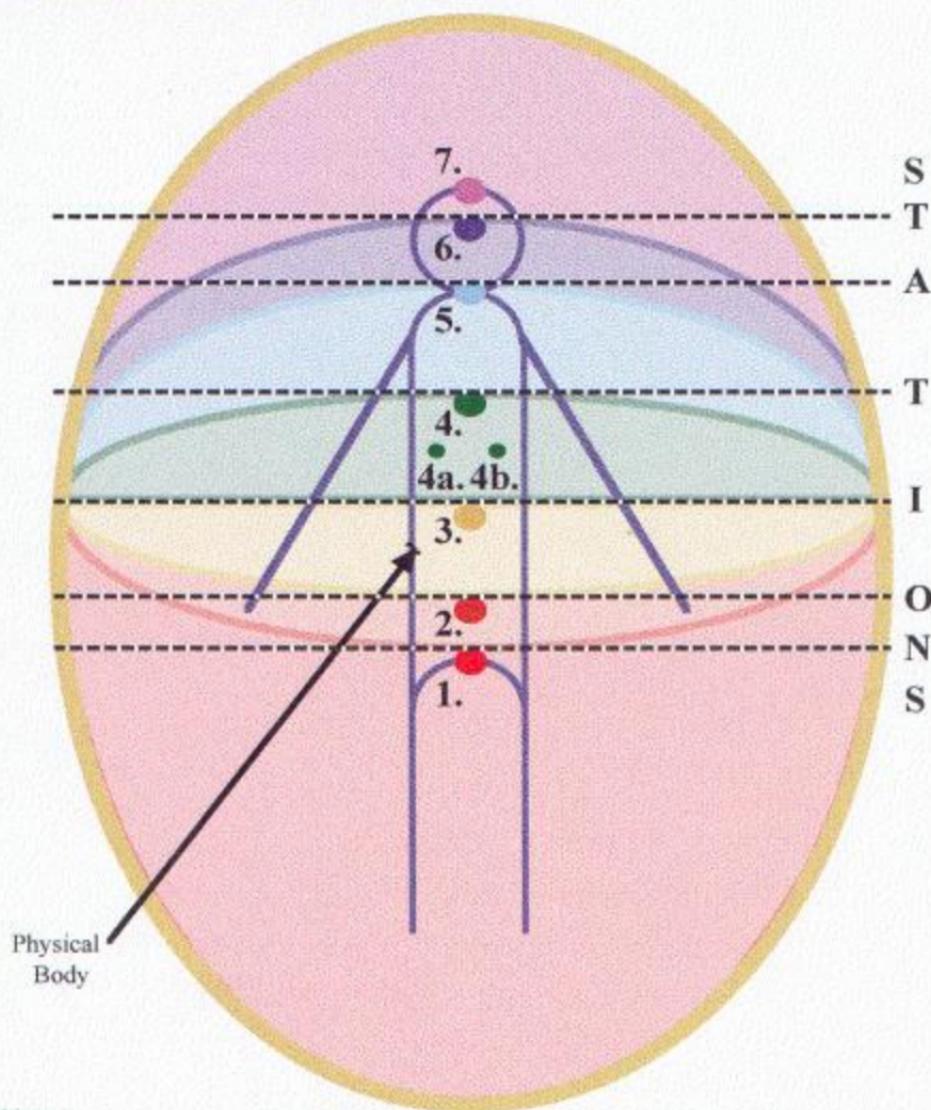
## 2. LEVELS OF UNIVERSAL LIFE:



Notes:

1. Seven levels of seven sub-levels each.
2. Five lower realms below level VII not shown and five higher realms above level I not shown. Other theories consider various other numbers of realms and numbering systems.
3. Each level has a color and sub-colors.
4. Diagram entitled, "The Egoic Lotus and the Centers", from the book, A Treatise on Cosmic Fire, by Alice A. Bailey.

**FIGURE "E" UNIVERSAL LIFE AND CONSCIOUSNESS SCALE (7 x 7 LEVELS)**

3. CORRELATION OF ENERGIES AND CHAKRAS:

## Notes:

1. Simple model of the chakras in a hue-man with the seven major chakras in a straight line, although unequal spacing is shown between chakras.
2. Each chakra has earth geological correspondences, such as, the heart chakra, number (4.), correlating to earth heart chakra points.
3. Sub-chakras (secondary or minor) exist, such as, 4a. and 4b. being heart sub-chakras.
4. There are stations between the chakras and color from the chakras affects a ring or band around the body.

FIGURE "F" THE CHAKRAS AND THE STATIONS BETWEEN CHAKRAS

So, now to use these theories and models as a basis for more physical and practical considerations (from everyday understanding). While, yet, maintaining the option to draw from the un-modelled and non-theorised at times when all models and theories ultimately fail.

### **STIMULATING AND RELAXING EFFECTS OF LIGHT AND COLOR:**

Light and its inherent color in dualistic effect can be both stimulating and/or relaxing. In a simple form, for example, sunlight, day is stimulating; moonlight, starlight, night, is relaxing. Yet it is beyond dispute that one of the most stimulating times is the night of a full moon. So, all is relative, complex, yet understandable in its entirety.

And, as with light, so with color. In general, the warm colors, such as Red, Orange and Yellow will stimulate or move energy into activity and the cool colors, such as Blue, Indigo and Violet will relax and bring calming and peace. Yet Red, Orange and Yellow can also at times be grounding (Red), effective for shock (Orange) and good for understanding (Yellow) and thereby relaxing. And Blue, Indigo and Violet can be used in search of truth (Blue), intuition (Indigo) and aspiration (Violet) and thereby stimulating; with Green more or less as a "harmonizer", middle or neutral.

On a quantum (higher energy shift) level Red, Orange and Yellow might be necessary to stimulate the system, or a part of the system into heightened activity in order for it to be more at peace with itself (more relaxed) by being more active, possibly for a higher purpose in life. And likewise the cool colors of Blue, Indigo and Violet can help balance heightened levels of consciousness (channeled messages etc.) so that those high levels can be experienced fully (more stimulating).

### **APPLICATION OF COLOR ON THE BODY COMPARED TO COLOR IN CLOTHING AND DECOR:**

This can be done with color in many ways as mentioned before and for simplicity the categories will be separated as color applied to the physical body verses color not applied to the physical body. And, although it will be discussed only a little, color applied to the body can be divided also into methods in which significant quantities of color enter the body, such as, with the Aura Soma products verses applying colored plastic, glass or gemstones to the body, where only small microscopic quantities of color would enter the body.

The whole dimension of the medium of absorption, such as, water based verses oil or alcohol based will only be briefly mentioned along with the dynamics of homeopathic application, in addition to correspondences to the chakras and higher levels.

And, finally probably our biggest intake of color through the food that we eat will, again, only be briefly discussed.

Again, for me, this mainly leaves only the string which binds such large and diverse topics and that string in this case is color.

In a simple yet not fully true model, since many things happen at the same time and all is connected in many ways, we will consider that application of color into or onto the body will take the path "in-to" the physical, into the blood and lymph, the organs, glands, flesh (cells), bones and finally the genetic structure. At the same time the same color vibration will take a path "out-from" the etheric, the astral, the soul (causal body). Basically meeting and correlating at inner center (the genetics) and outer center (the soul).

Color in clothing and decor although being in the presence of the finer subtle bodies is often synthetic and not natural which is not an issue that we will deal with here, but has been mentioned in the introduction as regarding the unreal verses the real. Therefore continuing with the assumption that the clothing and decor is natural and not artificial then the question is whether there is a medium of transference of the color into the body (hue-man being). It is however clear (once it is clear that we have subtle bodies) that color in clothing and decor is in the presence of our subtle bodies. Without that knowing of the subtle bodies it may seem that there is, therefore, no apparent medium of physical entry. However it must also be stated as both true and untrue that no medium is present, for it is known that even sunlight affects the body profoundly and that the visual effect of color alone can be and is significant.

So, while saying we need a medium we also do not need a medium since light and our eyes are "mediums", although it is like trying to see the air that we breathe. Again all is inter-connected and we will now consider the source of the color as a vibration.

As was also mentioned earlier, certain beings or parts of beings seem to correlate better with certain other beings or parts of beings. Planets correlate with plants, earth heart chakra sites with hue-man heart qualities, etc. Therefore in many ways there seems to be the most significant differences in whether a color or color vibration, without visible differences, is of mineral, vegetal, animal or synthetic origin. Also of importance is what the signature of the color is and, in the case of color therapy on hue-mans, what pathways are accessible since different hue-mans have different pathways (or "lines of familiar approach" or "paths of least resistance" as these pathways are called in more esoteric parlance).

For example certain pathways may exist for healing a specific individual hue-man heart condition with a Green signature from a synthetic Green signature. If we

continue this example and use the color therapy principle that Green is good for harmonizing in general the heart and chest area of the body and associated organs and functions. Then the question arises as to whether this hue-man's pathway through the heart is accessible. If not we can administer the corresponding signature and/or quality or color yet this person's fears, desires or destiny could still produce a heart attack or a broken (depressive) heart from family separation because this person's heart is not an available pathway. In other words maybe this person needs to get to the heart via the heart qualities of the solar plexus or of the throat and an Olive color or Turquoise is better suited.

So, to bring in specifically one final theory, distinction or way of looking at things which has always been alluded to and that is "Spirit First". The finer more subtle bodies came first, are first and control on a more advanced more highly evolved or deeper level (no matter what words are used) the more dense bodies until not only as an ideal and belief but as a reality all is one. In other words the true aura, spirit, soul, higher being or inner being must be well or being treated before symptomatic therapy, color or any other, will be beneficial to the cause of the imbalance. Otherwise only the symptoms may be relieved with new symptoms arising from the same cause over and over.

### **FUNCTION OF THE POMANDER FAMILY FOR PHYSICAL AND AURIC PROTECTION, BOTH FOR THE THERAPIST AND PATIENT:**

This section will be explained as an integral part of the next three sections and in conclusion to these sections, since I feel this information is needed first in order to make comments on the functions of the pomanders (Essence of Aura Soma) more complete.

So, first to tie a few ends together before moving into the specifics of Aura Soma, and this will take some time, the generalities of plants, crystals, sound and correlations to color will be discussed. This will then be followed by general applications into physical and medical science with a little bridging into endocrinology as a lead-in to Aura Soma.

### **COLOR VIBRATIONS OF PLANTS AND ESSENCES AND THEIR USE:**

In going into plant, crystal, and sound, the analogy of signatures will be continued as discussed before yet only in a basic or simplistic way. This since each being has several signatures, qualities, attributes, ray structures, traits, etc. And not to be too simplistic so as to, "miss the forest for the trees", let's make sure we acknowledge the sea of energies that we are all immersed in, although to normal senses are unfelt and unseen. Therefore we will admit at least two signatures an inner and an outer which are always at the effect of the pure spiritual signature (qualitative).

Although, again simplistic, signatures will be considered to have several distinct parts, such as, a first, middle and last name or the letters that comprise a name. In a more real sense, the signatures that are being discussed are, again, more as qualities, except that for the lower kingdoms (animal, plant and mineral) the qualities are "involutionary" whereas for the hue-man and higher kingdoms (initiates, planetary hierarchy and cosmic hierarchy) the qualities are "evolutionary".

Therefore plants have signatures as do sounds and crystals. If we expand briefly, plants signatures have the qualities of color, smell, taste, emotion (what feelings they bring), thought (what consciousness they bring) yet, according to most sensitive's, plants have no soul as a hue-man does. The signature can be transferred by the common commercial processes of water based extraction, oil based distillation or by water, oil or alcohol based absorption.

The major areas of the plant for such purposes being the flower, buds, stem, roots, leaves or parts thereof, such as the stamen or bark only.

Once the signature is transferred (isolated) and held it can then be used as a qualified energy (force) on any object or being including hue-mans. For example like using sand blasting verses soap and water to clean something. In one case one works and the other fails, in another case vice versa and in a third case either will do. To put an ordering in it, it is likely that it goes from extraction, to distillation, to absorption (water, to oil, to alcohol) in ascending order. In other words, plant signatures obtained by extraction methods would have the lowest (coarsest) vibration (bottom fraction of a Balance Bottle) and plant signatures obtained by alcohol absorption methods would have the highest (finest) vibration (Essence and Quintessence of Aura Soma).

### **CRYSTAL ENERGIES AND THEIR USE IN RELATION TO AURA SOMA COLOR THERAPY:**

Crystals are by many sensitive's, and by my own inner knowing included, considered a bridge between the mineral and plant kingdoms. In other words, crystals can be considered the highest form of stones. Therefore, stones are also included in this section.

Crystals (and stones) have the signatures, at a physical sensory level, of color, smell, taste, emotion and thought similar to plants. However, these signatures are mainly communicated to hue-mans through the first chakra or etheric body from crystals whereas plants can communicate these signatures through the first and the second chakra or astral body also.

Most crystals are cleaned after mining, so true smells and tastes are very subtle or

even covered by chemical cleaning agents. Transference of the crystal signature is by absorption into water, oil or alcohol (as with plants) or into a clear quartz crystal by programming.

### **HARMONICS OF SOUND AND COLOR:**

As we have seen in the last two sections on plants and crystals, sound and color can be considered part of their signatures. Although sound was not specifically included it, as was previously mentioned is basically a vibration similar to light (color) but slower. So, although we will get to the harmonics of sound and color momentarily, a brief statement more about signatures here may help reveal some of the multidimensional aspects of the subtleties of Aura Soma.

It is stated in some esoteric references that even the most simple atom has thousands of millions (over 1,000,000,000) of particles, not tens or hundreds (over 10 to over 100) as told by the science of today. Therefore, for example, even in a simple plant color signature lies hidden a vast reservoir of potential energy. In point of fact an infinite range of possibilities by the standard of our finite minds. This is because for even one aspect such as rate of vibration of color there are infinite possibilities. We as hue-mans may count vibrations in parts of a second, but hopefully we know that a second is only a construct. It does not actually exist other than as a standardized agreement among hue-mans, any more than a loaf of bread being weighed in kilograms.

Therefore, sound and color have an infinite range of possibility and quality, even between consecutive cycles per second. This can also help explain why the same Aura Soma Balance Bottle from one batch to the next can be attractive to different people at different times. There have been so many times that I have heard the words, "If only the color in that bottle was ... a little lighter or darker or Greener or Bluer or clearer," or after receiving new bottles, the words, "Has that bottle been in the range before?" And of course, all the possible information these statements give to a sensitive person.

Some of the signatures of sound and color can then be considered to be rhythm; the quality of the source, such as, plant or crystal or from a planet or star; and emotion and thought signatures linked to melody and pitch. Therefore, sound and color are in themselves signatures, yet they also have signatures. Sound and light, like smell, taste and touch must have a sense organ to receive them, but even without a receiver they exist.

Just as crystals, plants, hue-mans and all beings down to the simplest atom have higher and lower bodies, sound and color have higher and lower vibrations on different levels. By stimulating a sound or color on one level the corresponding sound or color on all other levels will also be stimulated. This can be considered a

harmonic effect. In fact it is said that any action affects everything. Yet, certain vibrations are more resonant with other vibrations. This can be said to be a harmonic or a correspondence of energy. The simple model for this has been shown to be one of the subtle body harmonic relationships between the color Green and one of the major hue-man etheric heart chakra colors being Green (seen clairvoyantly).

Transference (outer manifestation) of sound and light is mainly through wind, string and percussion musical, industrial or hue-man (voice, hands, etc.) instruments for sound; and frictional, solar (nuclear) and electrical (incandescent, neon, or laser) instruments for light and color. However, this is not to detract from the inherent sound and color of every being itself.

To take the study of signatures and harmonics a little further would be to include other methods of transference, extraction, resonance and correspondences, such as homeopathic or radionic to those listed. And additionally we could look at transference, signatures or harmonics specifically on various levels and the correspondences between each level, instead of just alluding to various levels.

This is done very well as an introduction in Alice A. Bailey's book, A Treatise on Cosmic Fire, where each sense is discussed with its higher harmonic or correspondence. For example, the first sense is said to be hearing (first there was the word). On the physical level or plane the sense would be physical hearing; on the second level, the astral level, the sense would be clairaudience; on the third level, the mental level, the sense would be higher clairaudience; on the fourth level, the Buddhic level, the sense would be comprehension and so on. This is shown in Figure "E".

This basically means that quantum jumps (energetic jumps between levels) can be made between levels, such as, plant mental to hue-man mental level. Or in other words, hue-mans can communicate with plants and plants can communicate with hue-mans! These communications or jumps are mainly made through various forms of rituals, mantras, meditations, prayers, words of power and the like. The experience of such communications is well documented by Dorothy MacClean, in her books about her experiences at the Findhorn Community in Scotland.

Summarizing, once the plant, crystal and color signatures are in their mediums (in these cases water, oil, or alcohol) then they can be imbibed into the Aura Soma base mediums (in these cases also water, oil or alcohol). This is done synergistically (the whole is greater than the sum of the parts) in the various Aura Soma products for identifying, balancing and protection depending on how the product is used.

**DETAILS OF AT LEAST THREE COLORS REPRESENTING WARM, MEDIUM AND COOL VIBRATIONS:**

Again, as in the section on the function of the pomander family, this section will be taken closely in conjunction with the next two sections on anatomy, physiology and physical conditions so that the color examples are worked together with the theory.

**PRINCIPLES OF ANATOMY AND PHYSIOLOGY:****(A) THE BODY'S DEFENSE MECHANISMS.****(B) CHEMICAL AND ELECTRICAL BALANCE.**

So, now going into general applications of these theories and models used by physical and medical science.

Basically the body responds positively, negatively, neutrally or in a combination of these ways to energies, forces and other beings that it is presented with. Similar to two people meeting, some things we like, some we do not like and some we are neutral or a little this way and that way about.

In the body, if something that is considered foreign or harmful enters basically various cells from the blood and lymph respond by trying to isolate or destroy. Isolation is used more if internal or external damage is done and destruction is used more if infestation has occurred. As a basic defense and leading into the area of body balancing is the semi-permeable nature of things such as skin as an outer membrane and tissue, intestines and blood vessels, as internal membranes. Therefore balancing can be done bio-chemically across membranes (osmotically) to adjust acidity - alkalinity (ph) and electrically by changing the electrolytic level (saline).

These are subtle adjustments that the body will make in a natural state and to say how this is done is very complex. However in the present almost totally unnatural state of affairs, very strong substances are being used to determine the physiological body balances, based on physical data, instead of conditioning the body with natural substances based on understanding. Dr. Gabriel Cousins in his books on nutrition comes closest to the truth in considering the body as a "bio-chemic" system verses the present major scientific theories based on chemistry alone. However I would add "bio, electro, magneto, audio, ofactro, cosmico, chemico, ..., field of energy and force, etc." verses bio-chemic.

The use of color in these areas as a natural substance and in general ways would be to use Red or Magenta to boost the defense system or Blue or Indigo if the

system is over responding for other reasons. Green, Turquoise or Olive Green would be used for more general neutral balancing of the body chemically and electrically.

### **EVERYDAY PHYSICAL CONDITIONS AND HOW TO TREAT THEM:**

#### **(A) CIRCULATORY.**

#### **(B) HORMONAL.**

#### **(C) STRESS.**

#### **(D) SKELETAL.**

Some of the general physical conditions, such as, fevers and over and under activity were touched on in the section dealing with inner and outer balancing. For adjusting other system imbalances theories can vary greatly, however, the following is a general guideline:

- (A) For circulatory imbalances, if caused by the heart, use Greens and Blues; if caused by the nerves use Greens and Yellows; and if caused by hardening of the arteries, high cholesterol, etc. use Orange or Red in combination with Blue, Green or Yellow.
- (B) For hormonal imbalances, generally the use of Golds and Gold combinations from the Golden Rainbow. This is due to the close connection of the endocrine glands to the chakras and will be discussed more in the section on the glands.
- (C) For stress syndromes please refer back also to what was discussed previously in the introduction and section on inner and outer balancing. To be a little repetitive, several people are in as much stress by not allowing themselves to do all they want, as by being over active. Therefore warming colors, such as, Yellow, Orange and Red are appropriate. Or in normal, over active situations of stress, cooling colors, such as Blue, Indigo and Violet are better. In the Balance Bottle range, for emotional stress, use Blue over Orange, where over work from daily life (the outer) is say, covering the desire to be of more help in the world (the inner). The Blue on an outer level to calm and bring peace; the Orange on an inner level to nourish with energy (Red) and wisdom (Yellow).
- (D) For skeletal symptoms, in general, use Reds to get to the marrow and as an Earth and very physical color. Also Red combinations, such

as Red and Green, Red and Blue, and Red and Violet for deep inner issues linked to cosmological color therapy as discussed in the introduction and history sections.

To enter a few conclusive remarks to this section is only to reiterate what has been said previously, but in different words. More factual evidence for me and as correlated by many other "seers and knower" verses "doers and analysts", would be to add "injury to insult" (not the other way around). It is insulting to hue-mans to say that anatomy and physiology are factual and that subtle anatomy and subtle physiology are not, or that they are only factual to the clairvoyants. And it is injurious to normal people to say that the subtle realms and objective realms are separate or different and that normal doctors and therapists are not responsible for the subtle body damage that they do to people in the conduction of their "practice".

As a reference for these controversial statements, I will quote again from the book Heart, by the Agni Yoga Society, to help bring in some inspirational clarity. "The wounding of the subtle body must become a subject of scientific research. Such bruises happen more often than may be thought;" and "If a physician applies the technique of amputating one's foot to test the heart, he will of course become a murderer, as often happens. Especially outrageous are the cases of administering poisons for the heart, forgetting that the heart cannot withstand poisons, and the subtle body is injured by such criminal cures. How much simpler for the cessation of suffering is the action of suggestion and vegetable cure.", (taken from verses 109 and 110; my underlining added).

Where does it leave a normal person to turn? Only to normal doctors. This is what must be changed and fortunately is being changed. And it is not to be changed by the bowing of alternative therapists to the insults and injuries of traditional medicine, politics or insurance companies, but rather by the co-operative work of all people truly concerned with healing.

As much as I stated in the introduction that scientists do not know for sure whether the sun is cool or hot, physiologists do not know for sure whether we breathe in to get oxygen or if we breathe out to get rid of carbon dioxide. From the inner basis of life, we die on the inhale (return to God), and we create on the exhale. I have studied through the highest level university courses, although not as a medical major, medical and psychological principles, have done self study of these principles and have studied myself and those who come to me regarding these principles. I have only specific facts for specific cases and, for me, all theories are without specific application. Each person I see I will only have a greater understanding of, if I meet them person to person!

**WHICH CHAKRAS RELATE TO WHICH MAJOR GLANDS AND ORGANS:****WHICH COLORS WOULD BE USED.**

Now, to bridge more anatomical/symptomatic theories to more subtle body theories, we will discuss endocrinology simply and color effects including diet.

The primary theories are, as shown in figures "B", "C" and implied in "D" that each chakra relates to a subtle body or series of subtle bodies or centers of the being. Then the gland corresponding to that chakra is affected by the incoming, outgoing or resident energy of that chakra. The gland would then produce and release into the body it's hormone, in the proper quantity as required.

One correspondence scheme is to correlate the base (Red) to the adrenal glands, the sacral chakra (Orange) to the gonads, the solar plexus chakra (Yellow) to the pancreas, the heart chakra (Green) to the thymus, the throat chakra (Blue) to the thyroid, the third eye chakra (Indigo) to the pituitary and the crown chakra (Violet) to the pineal. Other correspondences are theorized also and new, not presently understood or recognized, glands are being scientifically speculated and clairvoyantly seen and known.

So now, to include a specific example from this information. In this theory the solar plexus is linked to the pancreas. If food of a certain sweetness, sugar content, is ingested to the degree that the sugar level of the body is raised, the pancreas will start releasing insulin into the blood to lower the sugar level and bring in balance. With the rainbow chakra color theory, balancing of the solar plexus chakra and therefore help in balancing the pancreas can be accomplished using Yellow color.

Again, it is emphasized that more advanced teachings and theories state that the true aura or ray structure of the person (or being) must be understood to affect "wholistic" cure rather than only symptomatic relief. In simple terms, the rainbow model of the chakra system is used with Red corresponding to the base chakra and Violet to the crown chakra. And, simply a similar correspondence to diet can also be made by utilizing the corresponding color of the food for the appropriate chakra.

**COLOR RELATED DIETS AND THEIR APPLICATION CLINICALLY:**

Again I will state that, for me, Dr. Gabriel Cousins has come up with the best scientific or clinically correlated information of diet, that I have seen which uses the bio-chemic model. The model presented in its color theory is, again that of the rainbow, which correlates the color of the food to the corresponding clairvoyant color of the corresponding chakra and gland in question. Red, is always at the bottom (base) and Violet at the top (crown). Examples would be to use Red Foods

such as red radishes, red plums etc. for the base chakra or adrenal gland problems, up to using Violet Foods, such as, purple grapes for the crown chakra, pineal, or head problems in general.

For example, Violet is also considered to be germicidal, therefore eating purple grapes could be very effective for a person suffering from hair loss due to a scalp infection. The Purple relating to the head center on a chakra basis; the color purple being germicidal helping to cure the infection; and the relaxing qualities of the Purple on the over activity of the infection. The relaxing qualities of the Purple would also apply to the likely emotional and mental anxiety of the patient. Certain factors, such as, whether the patient is diabetic and can tolerate the sugar content of purple grapes must be taken into account. Maybe even a purple grape fast (only eating purple grapes) could be conducted if the infection is the result of an accumulation of toxins in the body, in general, and the person is in other ways healthy.

### **SPIRITUAL SUBTLETIES OF AURA SOMA COLOR THERAPY IN REGARD TO COUNSELING:**

#### **COLOR SIGNIFICANCE ON THE PERSONALITY.**

By going a step further than color signatures and color correspondences, we enter into Aura Soma and the self selective, non-intrusive aspects of a true soul therapy. It is in the realm of the soul that a being, hue-man or otherwise, ultimately knows what is best for themselves. A gentle, non-harmful and non-intrusive way to put such a theory or knowledge into practice is by use of the Aura Soma color therapy method.

As a therapy, Aura Soma begins with an open and responsive link to a client. They are quite free to discuss certain aspects of their life or progress rapidly into a Balance Bottle selection of normally four to seven bottles. After a Balance selection is made, I decide if Essence and/or Quintessence of Aura Soma products, appropriate to the bottle selection would assist a reading or consultation at that point, or if it would be better to wait until later for the introduction of these products.

The reading and counseling can be done in many different ways, and normally I wait for a client to respond to their own selection or I start with a question verses a statement. However, if an obvious statement is to be made, such as, "You have selected all Pink colored bottles", etc. I will make it as a start.

The first decisions are to identify, as best as possible, what main type of selection is before me, what levels can be communicated to the client, and in which order. Again if nothing seems obvious as a deviation from the recommended counseling

interpretations, given in the Aura Soma courses or Vicky Wall's book, I use those interpretations. Yet, always trying to determine if the client is energetically linked to what I am saying. If not, I ask more questions or draw on the intuition, if possible. If the client is linked, I will continue, using the three levels of interpretation of soul, emotional/mental and physical/etheric across the four or more Balance Bottles that have been selected.

The first Balance Bottle selected representing the true aura or soul, with the color of the bottom fraction of the bottle linked to a person's soul color and the color of the top fraction of the bottle linked to the personal way that the quality of the soul will be lived out. The second bottle selected representing the past, gifts and/or obstacles in a person's life which are aiding or inhibiting the soul's objectives. The third bottle selected representing the present life situation relative to the soul with the bottom fraction color linked to the unconscious aspects and the top fraction color linked to the conscious aspects. The fourth bottle selected representing the future life situation that may arise.

Many aspects of this type of sequential color therapy diagnosis and procedure are detailed in the book, The Rainbow Oracle, by Tony Grossi and Rob MacGregor. However, the inherent quality of the Aura Soma Balance Bottles having a top and bottom fraction color adds an additional dimension to the interpretation for each position, along with the fact that the colors vary slightly from batch to batch.

Several different bottle position significances can occur and a significant part of a consultation being, "a soul level transformative experience, in a non-intrusive way", verses a "spiritual reading", is dependent on what the bottles mean to the client. Color significances may mean many things, and again a thorough search of where the client is, relative to color, is made prior to making interpretations. For example Violet can be a color which represents significant transformation on soul levels; aspiration for spiritually on emotional/mental levels; or mentality on physical levels.

Is the Violet color for that person the union of the Blue and Red? Which may indicate a struggle on the part of the person to harmonize their male and female energies. Or does the significance of the Violet lie in the missing Yellow? Which may indicate a lack of joy and happiness. All of these possibilities are considered, along with whether the Violet occurs in the top or bottom fraction of the bottle. The top fraction tending towards the conscious or superconscious, the future, the outer, the upper chakras. The bottom fraction tending towards the soul, subconscious, unconscious, the past, the inner and the lower chakras, depending on the bottle position (first, second, etc.) and the level being discussed (soul, emotional, physical).

For example, if a person were to select the Balance Bottle colored Red over Blue as

a first bottle it could signify their soul being on the Blue ray of peace, truth and first light, linked to the bottom fraction color of the bottle being Blue. These soul qualities could be lived out with a life of intense activity on very physical levels, as signified by the Red color in the upper fraction of the bottle. Yet, in the second position the same bottle, Red over Blue could signify the separation of the mother (Red) and father (Blue) principles in a person. The third position interpretation of the same bottle for the same person might show the Red over Blue as a person physically needing to calm the inner or lower chakras (Blue on the bottom) and energize the outer or upper chakras (Red on the top) in their present life situations. And, finally in the fourth position the same bottle could indicate a person who will evolve an inner peace (Blue on the bottom) combined with an active occupation (Red on the top) after the present life situation has past. And so on with each of the various color combinations, tuning into the colors, top or bottom bottle fraction, bottle position and level.

As much as can be drawn and conveyed from the color consultation, I feel as much if not more can be drawn from an Energetic Diagnosis from shaking the bottles. Now the type of bubbles are linked to the colors, top or bottom bottle fraction, bottle position, level of interpretation and whether the bubble patterns are "Energetic" or "Residual". For example past life type bubble patterns and/or residual bubble configurations which show past life activity can significantly confirm where the major obstacles or gifts in the second bottle position occurred. In this example using the second bottle position as the bottle shaken the indication would be that the obstacles or gifts had come from past lives verses earlier in the present life.

This type of information being only initially suggested to determine the client's response to such revelation. And so on with each bottle, if energy and enthusiasm exists to continue the diagnosis. At times so much is learned by shaking only one or two bottles that no more energy exists to reveal more, or the other bottles are better used in a visual way for the present time.

If the Essences and Quintessences of Aura Soma have not been brought into the consultation by this time they are now introduced. And appropriate techniques are shown such as aura polishing, patting, and combing; or metamorphic application of the oils to the hands, feet, or ears is made; or more general aura cleaning and protecting is taught.

The Essences of Aura Soma being used to identify, draw out or strengthen the aura, especially linked to the chakras and stations of the electro-magnetic field, or to protect, close or cleanse the chakras and stations. Also the Essences of Aura Soma being most favorable to geological and "civilizational" correspondences, such as the Inca or Aztec. The Essences of Aura Soma being linked to the Balance Bottle oil color selection and especially those bottles selected which prove to be

the most significant during a consultation.

I will say “finally” the Quintessences of Aura Soma, however, they may be the last, but, they are not the least. And, a few words will be said about them not being the last either, for many times in a consultation, as soon as a person finishes selecting their Balance Bottles, we start to use the appropriate Quintessence of Aura Soma. The Quintessence of Aura Soma being linked to the lower fraction of the first Balance Bottle selected or to a Master Color (pale/tint) or Master Balance Bottle if one has been selected. The Quintessence of Aura Soma then being used to attune or align with that Master Vibration, or cleanse our connection to the Master Vibration. For these reasons, it is often appropriate to use the Quintessence of Aura Soma in the aura as soon as a Balance Bottle selection has been made and before beginning to discuss the bottles selected.

A consultation can then continue by making suggestions for use of specific Color Tinctures of Aura Soma, Aura Soma Essential Oils, Aura Soma Extracts or Aura Soma Health and Beauty Products. These products are all linked to the Balance Bottle colors selected and complete a total personal color therapy program, again if the client shows an interest.

#### **WHAT AURA SOMA MEANS TO ME AND ITS SIGNIFICANCE AS A NON-INTRUSIVE SOUL THERAPY AND AS AN ADJUNCT TO OTHER THERAPIES:**

Although this is the concluding section of the thesis, much has been said on this topic throughout the thesis, in general terms. For me, personally, Aura Soma is an adjunct to the “Alpha Awareness” (primary states of learning) that I continue to develop and evolve. Aura Soma is the second step of my three step healing called Spirit, Soul, Soma Sessions.

These sessions start with a form of spiritual healing (spirit first), centered on the practice and teachings of Mahi Kari No Waza. Then the session moves into the soul healing part using the Aura Soma products and methods of color therapy as a mirror of the soul. Finally the session ends with an energetic application or anointing of the Balance Bottle oils onto the client’s body.

The fact that the Aura Soma unites Aroma Therapy, Naturopathy (Herbalism), Crystal Therapy and Color Therapy in single products and on several levels simultaneously is very significant. The fact that the Aura Soma products are Homeopathically based and can be Radionically attuned “to” a client and “by” a client is very potent and versatile. The fact that the Aura Soma products can be used visually as a “Solar Colorcureum”; or for plants; Earth lines and sites; animals and machines, etc., in addition to hue-man therapeutics, makes the products not only an adjunct to other therapies, but to other professions as well, such as Auto-

mechanics. The statement is not made in jest, since many traditions consider mechanical devises to have a form of consciousness and the possibilities are almost endless.

The Aura Soma products and methods are non-intrusive since pure energies are used and therefore the energies that are needed by a client are received and used, while those energies that are not needed are stored or released. By linking the inner qualities of the products to the outer sense of sight (colored sight) products are self-selected and used in a non-intrusive way by the client themselves or applied by someone else.

Finally for me personally through my contact with people in my Alpha Awareness methods and Spirit, Soul, Soma Sessions, the "inbred" characteristics of the Aura Soma products are very good for discussing so many aspects of life, such as:

- soul qualities (by Aura Soma being a soul therapy);
- inner and outer concepts (linked to the upper and lower fraction of the Balance Bottles);
- the union of three higher and three lower energies into a six pointed star (linked to the three essential oils and three plant extracts in the upper and lower fraction of the Balance Bottles respectively);
- seven levels and seven times seven or forty-nine levels (in the Essence of Aura Soma);
- fourteen rays or Masters (in the Quintessence of Aura Soma);

and the more recently established Tarot, Rune Stone, Numerological, Astrological, Kabalistic and I-Ching correlations all bring more significance and versatility to my consultations.

#### AURA SOMA DEVELOPMENT:

As a closing I would like to add a few words of my own thoughts for Aura Soma future development as follows:

1. Add a line of Angel Essences and/or Blessing Essences.
2. Add more of the tertiary colors in the line of Balance Bottles so that all three primary colors can be balanced in a single bottle, such as, Olive/Magenta; Indigo/Gold; and Crimson (Red-Orange)/Turquoise combinations.

3. Add more Balance Bottles for more complete sub-setting into chakra sets, so that complete sub-sets exist (some of this is done), such as, Traditional, New Age, Transformational, Master, Matching Color (top and bottom) and Rescue chakra sets.
4. A full range of primary and secondary colors in Balance Bottle combinations both top and bottom. This has been moving along since the beginning, however for me personally it means bringing in more Orange combinations.
5. A movement into octaves. In other words, a use of fours, eights, four plus four, and eight times eight to equal sixty-four, in some new Aura Soma products, possibly those previously recommended. For me, it is no coincidence that in the I-Ching forty-nine sticks are used to determine three sets of two outcomes (three dual tri-grams), with a possible range of sixty-four outcomes. I do not feel that Kabalism (a system based on sevens) and the I-Ching (a system based on eights) match, I feel that several things compliment each other. For example are the first twenty-two Balance Bottles necessarily the best correlation for the Major Aracana of the Tarot? And the same for the I-Ching correlations. It seems that the colors are not correlating so well, although I do not have a better correlation to present at this time. Something is being missed here and I have not yet put my "inner" finger on it, although I will continue to ponder it.
6. More advanced and current flow of the teachings and information on the Aura Soma products and methods of use through the "Living Energies" newsletter.
7. An operating Aura Soma Therapist and Teachers register as previously planned and started.
8. An additional Ogham Sticks correlation to the Balance Bottles. There is a woman in Ireland who is doing this who I am in contact with.
9. Additional essential oils such as Oak and other Native Western Trees, supplied individually and used in the products.

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